

From: [Dr. Sal Rizza, Director of OTEE](#)
To: [Rizza, Salvatore A.](#)
Subject: Owl Family Update: Week 2, August 31, 2026
Date: Monday, August 31, 2026 9:45:58 AM

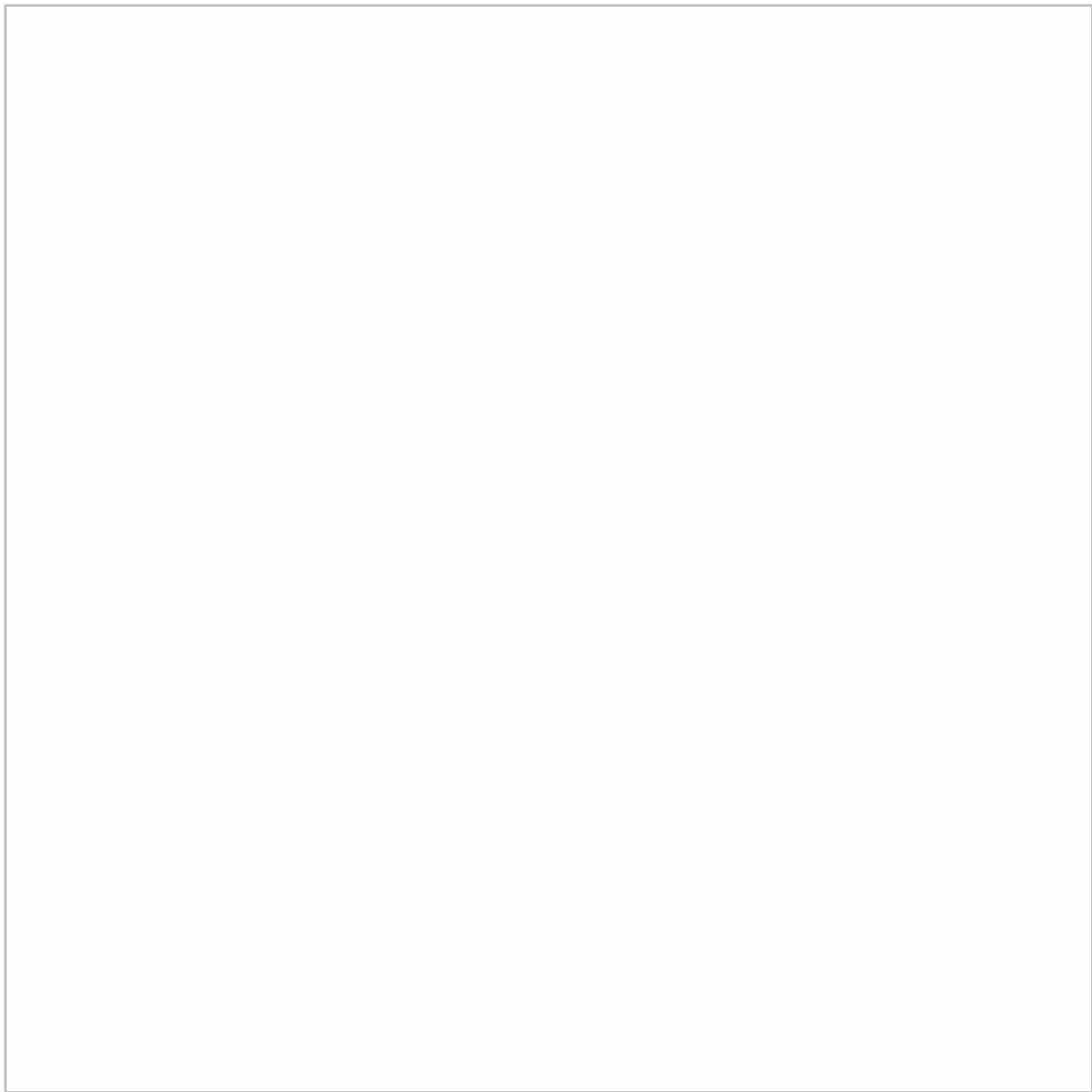


Family Update: August 31, 2026

This email contains the following:

Message from the Director of Orientation, Transition & Family Engagement

- Involvement Fair
 - Establish Routines for Success
 - Family Survey
 - Weekly Feature
 - News and Notes
 - Room Change Process
 - This Week at Southern
 - Week of Welcome continues.
 - Resources
-



Dear Owl Families,

As we enter the second week of the semester, students are beginning to move

from the excitement of Week of Welcome into their academic routines. This is a critical time when students establish habits, build connections, and decide how they want to engage with campus life throughout the year.

One of the best ways students can enhance their college experience is by getting involved. I encourage you to ask your student about attending Southern's **Involvement Fair on September 2 at 1:00 p.m. in the Academic Quad**. Whether they are looking for a club, leadership opportunity, service experience, or simply a way to meet new people, getting connected can help students build community and strengthen their sense of belonging.

As you support your student this week, consider encouraging them to:

- Establish a consistent schedule for studying, sleep, and self-care.
- Attend the Involvement Fair and explore at least one new organization or activity.
- Build relationships with classmates, faculty, and staff.
- Take advantage of campus events and opportunities outside the classroom.
- Reflect on how their involvement can support future goals, including leadership development, internships, graduate school, and career readiness.

I am also pleased to share an opportunity to support student research. Sophia Farias, a senior Honors student, is conducting a study focused on the experiences of families with college students. If you are interested in participating, please review the information included below. Your perspective can help advance our understanding of the important role families play in student success.

Sincerely,

Dr. Sal Rizza

Director of Orientation, Transition & Family Engagement





Below is information regarding the the research senior Honors student, Sophia Farias is conducting. Please consider taking a few minutes to complete the survey!

https://survey.co1.qualtrics.com/jfe/form/SV_d9ZrvWEr036WoK





On Wednesday, August 26th the Office of Residence Life sent the email below to residents regarding the room change process:

Dear Resident Students,

We hope you are settling in and your first week of classes is going well! We understand that not all students were able to select their desired residence hall during room selection. In response, we will be offering an online room change process on **Wednesday, September 9th between 10:00 am and 8:00 pm** for students who are interested in changing rooms or residence halls.

Before opting into this room change process, please read the below in full:

- Please be aware that space in North Campus Midrise, Schwartz, Brownell, and the West Campus Suites are extremely limited, and these spaces may not be available for selection.
- It is unlikely that vacant double bedrooms will be available during this room change process.
- This room change process is designed for individuals to select a different space on campus and not for matched roommates to move together. Roommate matching is not available for any room change process.
- Important: If you select an empty room, you will be relocated to a space with another student to consolidate spaces.
- If you choose to select a room, once you confirm your bed assignment and click submit, your **room change is final, and you are no longer entitled to your previous room.**
- Roommate matching is not available during any room change process. You will need to remove any roommate matches you may have on your account before the room change process.
- Please be aware that we cannot guarantee preferred roommate(s) or residence halls during the room change process.
- In some cases, your meal plan will be adjusted depending on the room type selected.
- West Campus is not open to first-year students except students accepted into the honors college program. Should a first-year student select West Campus, they will be relocated to an appropriate residence hall.

How to opt into the room change process:

Students who would like to participate in this online room change process **must complete the Room Change Request Form** in their MyHousing. This form is live under the *Applications* tab and closes at 8:00 am on Wednesday, September 9th.

Students who do not complete this form by 8:00 am on Wednesday, September 9th will not be able to participate in the room change process.

Students participating in this room change will be **removed from their current assignment** and must select a room during the process.

Students who opt into the room change process but do not select a room during the process will be assigned by our office to the next available bed.

Students who opt in are no longer entitled to their previous housing placement.

The Room Change Process:

On Wednesday, September 9th between 10:00 am and 8:00 pm, you may log

into your MyHousing to participate in the room change process.

To view the available rooms that you are eligible for:

- Select the *Room Selection* tab.
- Click *Select a Room/Suite*.
- Choose (No Filter) from the drop-down menu.
- Click on *Find Available Rooms*.

Please note: if you choose to select a room, once you confirm your bed assignment and click submit, your room change is final, and you are no longer entitled to your previous room.

- **Students who have submitted a room change request must move out of their current assignment between 9:00 a.m. and 12:00 p.m. on Saturday, September 12th, and into their new assignment between 12:00 p.m. and 4:00 p.m. on Saturday, September 12th.**
- Please be aware that if you have a vacancy in your room, you must keep the space open and clean for a roommate to be assigned at any time.
- Further, if you choose a different room type, your bill and meal plan will be adjusted, and you will need to pay any additional balance by September 18th.

Meal Plans:

As a reminder, residents who have a housing assignment with a kitchen in their suite/apartment are now eligible to upgrade their meal plan in their MyHousing by Friday, September 11th.

All meal plans are final after Friday, September 11th, 2026.

To upgrade your meal plan or view the available options, select the *Meal Plan* tab in your MyHousing, then select Fall 2026 and choose the meal plan you prefer.

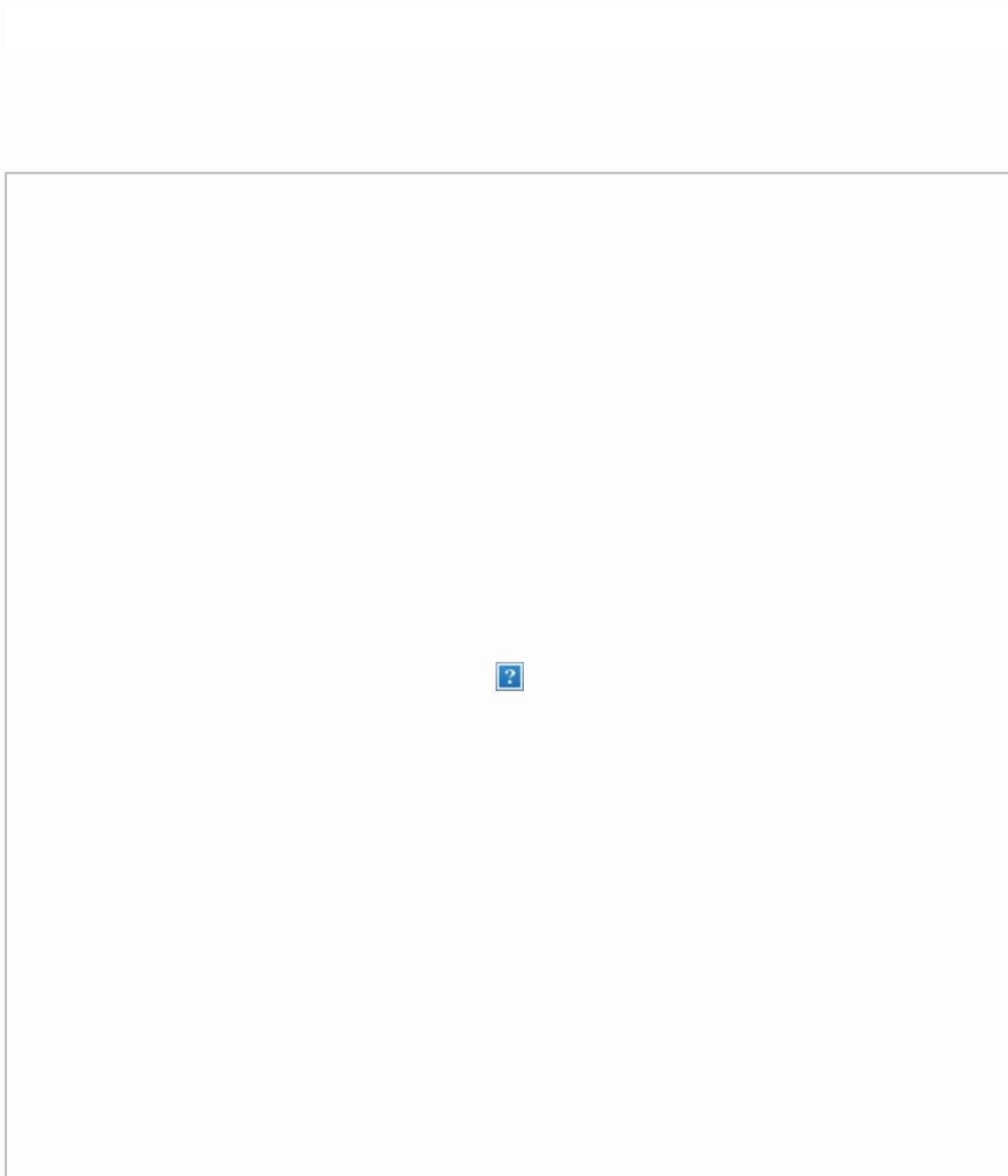
If you have been reassigned to or selected a housing assignment with a kitchen, please verify that you are on your preferred meal plan; we do not automatically change your meal plan.

Please be aware that your housing assignment does affect your meal plan options.

If you have any questions or need assistance, please feel free to contact the Office of Residence Life at 203-392-5870 or reslife@southernct.edu. We are open Mondays through Fridays from 8:30 a.m. to 4:30 p.m.

Sincerely,

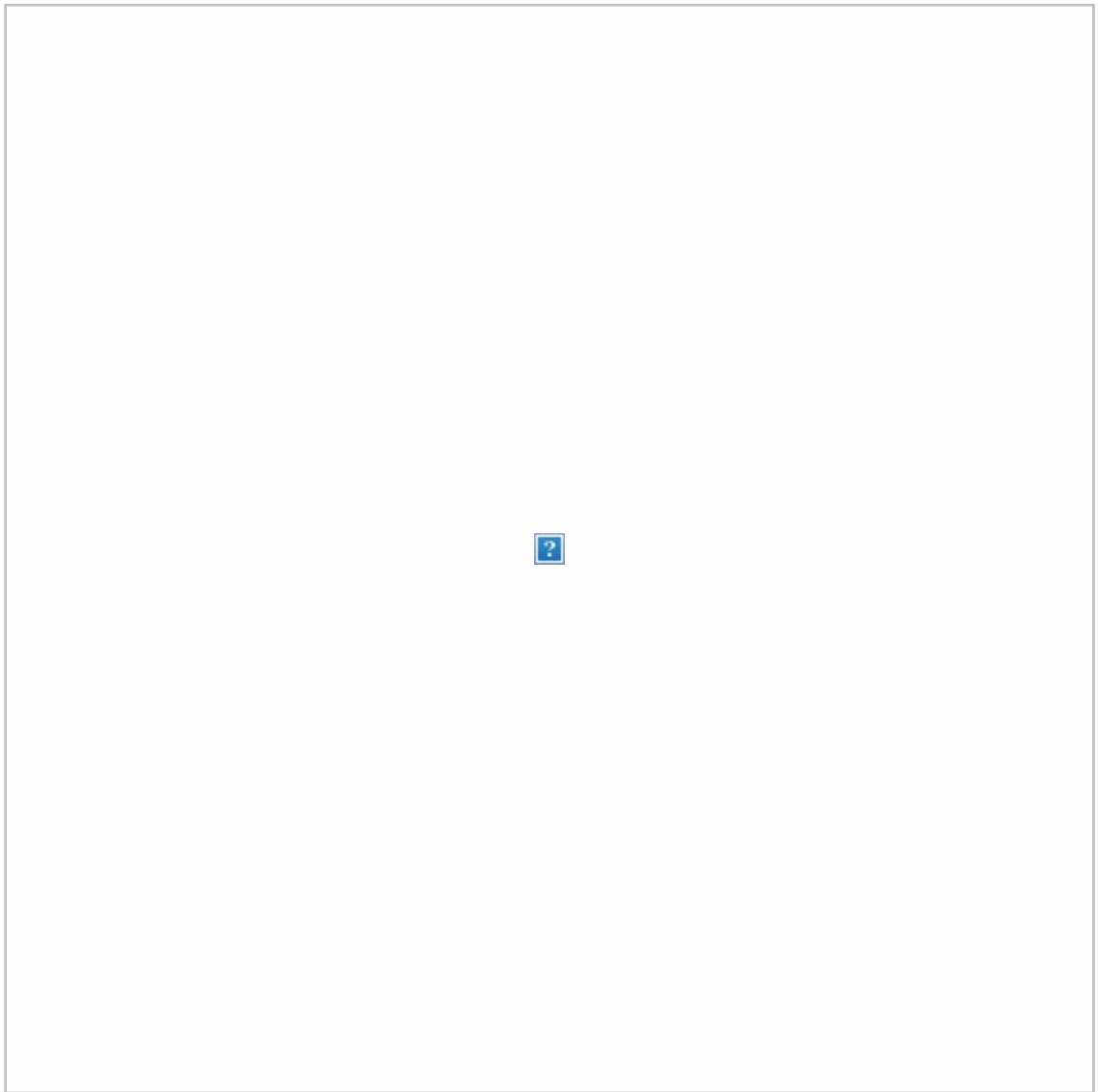
Office of Residence Life



Every week, Southern sends an email to all students highlighting the events for the week. We will share a selection of those events here.

There's still plenty of excitement ahead during the Week of Welcome! Students can find a full schedule of events at **go.southernct.edu/wow** and should check their Southern email each day for updates and reminders about opportunities to connect, get involved, and make the most of their first weeks

on campus.



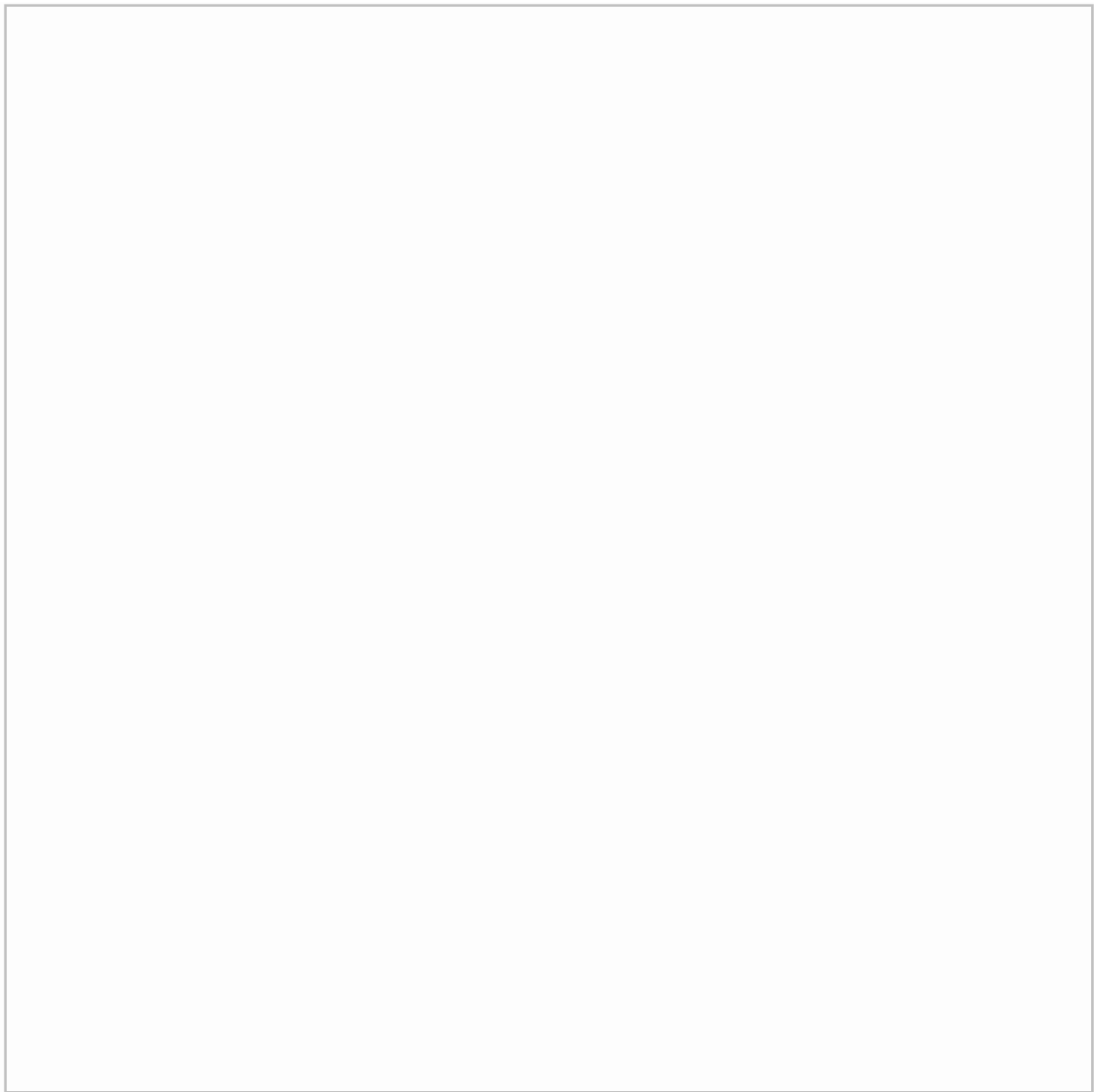


Helpful Links- these are a number of helpful links that we have gathered specifically for parents/families that will be helpful now and in the future.

Resources- these is another general page filled with links that may be helpful!

Residence Life- with so many questions regarding residence life, this may be a great place to find information!

Advising- information regarding academic advising.



orientation@southernct.edu

203.392.5168

501 Crescent Street

06515, New Haven

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